

DYCHA NA JELENI SKOK 2019

B4SPORT

Wydarzenie: V FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2019-06-22
Miejsce: Cisna
Dystans: 10.8 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	GRZĄDZIEL Dominik	5447	ATTIQ	M30	1		00:46:08.75	00:46:10.85		4:11	14.3 (100%)
2	DOMISZEWSKI Ignacy	4965		M20	1	00:01:00	00:50:00.25	00:50:01.90	+00:03:51 (7.7%)	4:27	13.5 (94.4%)
3	SZWAJA Mateusz	5376		M20	2		00:51:39.65	00:51:42.05	+00:05:31 (10.7%)	4:41	12.8 (89.5%)
4	HUZIOR Piotr	5448	ATTIQ	M40	1		00:52:25.35	00:52:28.15	+00:06:17 (12.0%)	4:46	12.6 (88.1%)
5	CHOJNACKI Wiktor	5041		M30	2		00:55:57.00	00:55:59.40	+00:09:48 (17.5%)	5:05	11.8 (82.5%)
6	ZYGMUNT Tomasz	5372		M20	3	00:01:00	00:56:17.70	00:56:21.85	+00:10:11 (18.1%)	5:01	11.9 (83.2%)
7	ZĄBCZYŃSKI Dominik	6000		M40	2	00:01:00	00:56:26.00	00:56:28.20	+00:10:17 (18.2%)	5:02	11.9 (83.2%)
8	GÓRYŃSKI Rafał	5454		M20	4		00:56:43.60	00:56:46.45	+00:10:35 (18.7%)	5:09	11.6 (81.1%)
9	BRENDZOWSKI Adam	5030	SOLINATEAM / RUNONLINE.PL TEAM	M30	3		00:57:23.80	00:57:25.60	+00:11:14 (19.6%)	5:13	11.5 (80.4%)
10	BOGUCKI Piotr	5026	SCHR	M30	4	00:01:00	00:57:29.75	00:57:32.45	+00:11:21 (19.7%)	5:08	11.7 (81.8%)
11	KOWALEWSKA Elżbieta	5154	EDI TEAM ZGORZELEC	K30	1		00:57:32.75	00:57:32.75	+00:11:21 (19.7%)	5:13	11.5 (80.4%)
12	JÓŹWIAK Tomasz	5417		M20	5		00:58:41.65	00:58:49.35	+00:12:38 (21.5%)	5:20	11.2 (78.3%)
13	DOMISZEWSKA Maria	4967		K50	1	00:01:00	00:59:14.40	00:59:17.40	+00:13:06 (22.1%)	5:17	11.3 (79.0%)
14	STOLARCZYK Tomasz	5308	BIEGAM BO LUBIĘ OSTROŁĘKA	M40	3		00:59:20.85	00:59:28.60	+00:13:17 (22.4%)	5:23	11.1 (77.6%)
15	FRĄCKOWIAK Przemysław	5440		M20	6	00:01:00	01:00:55.70	01:01:07.50	+00:14:56 (24.4%)	5:26	11 (76.9%)
16	HACZ Paweł	5094		M30	5		01:01:14.15	01:01:17.45	+00:15:06 (24.7%)	5:34	10.8 (75.5%)
17	SZCZEPANIAK Angelika	5452	AKADEMIA BIEGANIA	K30	2		01:01:21.65	01:01:27.10	+00:15:16 (24.9%)	5:34	10.8 (75.5%)
18	KISIELEWSKI Konrad	5442		M40	4		01:01:01.95	01:01:29.05	+00:15:18 (24.9%)	5:32	10.8 (75.5%)
19	BERLIŃSKI Dominik	5221		M40	5		01:01:24.25	01:01:29.30	+00:15:18 (24.9%)	5:34	10.7 (74.8%)
20	ZATORSKA Izabela	5411		K50	2		01:01:39.40	01:01:42.70	+00:15:31 (25.2%)	5:36	10.7 (74.8%)
21	JELSKA Elżbieta	5115		K30	3	00:00:30	01:01:46.85	01:01:54.70	+00:15:43 (25.4%)	5:34	10.8 (75.5%)
22	CEGIEŁKO Maciej	5445		M14	1		01:02:34.80	01:02:37.30	+00:16:26 (26.3%)	5:41	10.5 (73.4%)
23	KŁOSIŃSKI Rafał	5138	RACEFIGHTER GOSIR DĘBE WLK.	M40	6		01:02:37.25	01:02:40.75	+00:16:29 (26.3%)	5:41	10.5 (73.4%)
24	SZCZEPANIAK Michał	5318	RAZEM TRENUJEMY SPORT	M40	7		01:02:40.45	01:02:45.35	+00:16:34 (26.4%)	5:41	10.5 (73.4%)
25	BRÓG Wojciech	5032		M40	8	00:01:00	01:02:45.85	01:02:47.75	+00:16:36 (26.5%)	5:36	10.7 (74.8%)
26	RZĘSA Łukasz	5271		M30	6		01:02:46.45	01:02:51.15	+00:16:40 (26.5%)	5:42	10.5 (73.4%)
27	PITAS Andrzej	4966		M40	9		01:02:48.05	01:02:53.00	+00:16:42 (26.6%)	5:42	10.5 (73.4%)
28	KUNDRACIK Miroslav	4958		M30	7		01:02:20.40	01:02:55.45	+00:16:44 (26.6%)	5:40	10.6 (74.1%)
29	BRZĘCZEK Michał	4956	EXTREMALNE OTK	M40	10	00:01:00	01:03:34.20	01:03:36.30	+00:17:25 (27.4%)	5:41	10.5 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
30	LANGE Beata	5171	BIŁGORAJ BIEGA - OTK RZEŹNIK	K40	1		01:03:51.95	01:03:56.30	+00:17:45 (27.8%)	5:48	10.3 (72.0%)
31	DRZEWIECKI Michał	4976		M30	8		01:03:53.60	01:04:03.10	+00:17:52 (27.9%)	5:48	10.3 (72.0%)
32	GRONIECKI Mikołaj	5441		M30	9	00:01:00	01:04:05.20	01:04:12.40	+00:18:01 (28.1%)	5:44	10.5 (73.4%)
33	SMOLARKIEWICZ Dawid	5298	WIELUŃ BIEGA	M30	10		01:04:13.65	01:04:28.15	+00:18:17 (28.4%)	5:50	10.3 (72.0%)
34	PONIEWOZIK Ireneusz	1498		M40	11		01:04:29.00	01:04:34.95	+00:18:24 (28.5%)	5:51	10.2 (71.3%)
35	PAPROCKA Ula	4973		K20	1		01:04:39.10	01:04:44.60	+00:18:33 (28.7%)	5:52	10.2 (71.3%)
36	KOWALCZUK Paweł	5151		M40	12		01:04:30.50	01:04:48.05	+00:18:37 (28.7%)	5:51	10.2 (71.3%)
37	WILK Jakub	5381	HAPPY SCHOOL	M14	2		01:04:52.45	01:04:55.00	+00:18:44 (28.9%)	5:53	10.2 (71.3%)
38	RONDUDA Oskar	5428		M20	7	00:01:00	01:05:16.30	01:05:33.30	+00:19:22 (29.6%)	5:50	10.3 (72.0%)
39	UBYCH Mariusz	5434		M30	11		01:05:36.30	01:05:52.95	+00:19:42 (29.9%)	5:57	10.1 (70.6%)
40	DERYŁO Mateusz	5056		M20	8	00:00:30	01:06:06.10	01:06:08.50	+00:19:57 (30.2%)	5:57	10.1 (70.6%)
41	WALEŃSKA Ewa	5389		K40	2		01:06:30.15	01:06:30.15	+00:20:19 (30.6%)	6:02	9.9 (69.2%)
42	KOZIARSKI Piotr	5156	PO LINIE - PIOTR KOZIARSKI	M30	12		01:06:08.00	01:06:30.55	+00:20:19 (30.6%)	6:00	10 (69.9%)
43	ZIELONKA Michał	5385		M14	3		01:06:30.60	01:06:32.85	+00:20:22 (30.6%)	6:02	9.9 (69.2%)
44	ŚWIERCZYŃSKI Norbert	5331	RACEFIGHTER GOSIR DĘBE WLK.	M20	9	00:01:00	01:06:31.30	01:06:33.20	+00:20:22 (30.6%)	5:57	10.1 (70.6%)
45	FOREMSKI Sławomir	5073		M50	1		01:06:38.60	01:06:42.15	+00:20:31 (30.8%)	6:03	9.9 (69.2%)
46	HRYSZKO Robert	5097	TRAIN FOR SKILLS	M50	2		01:06:38.55	01:06:53.90	+00:20:43 (31.0%)	6:03	9.9 (69.2%)
47	DĄBROWSKI Maciej	5055		M30	13		01:07:01.95	01:07:01.95	+00:20:51 (31.1%)	6:05	9.8 (68.5%)
48	KANDEFER Beata	5128	AKTYWNAKORCZYNA.PL	K40	3		01:07:04.75	01:07:07.75	+00:20:56 (31.2%)	6:05	9.8 (68.5%)
49	DACYK Sylwester	4970	SAINT GOBAIN SQUAD	M40	13	00:00:30	01:07:15.40	01:07:24.10	+00:21:13 (31.5%)	6:04	9.9 (69.2%)
50	JASNOWSKI Michał	5436		M30	14		01:07:25.70	01:07:35.20	+00:21:24 (31.7%)	6:07	9.8 (68.5%)
51	DOBROWOLSKA Agnieszka	5061	HEROBOX	K40	4		01:07:48.50	01:07:53.25	+00:21:42 (32.0%)	6:09	9.7 (67.8%)
52	BARTKOWSKI Tobiasz	5379	BOLT TRZEMESZNO	M30	15		01:07:49.80	01:07:53.40	+00:21:42 (32.0%)	6:10	9.7 (67.8%)
53	RONDUDA Jakub	5421		M20	10	00:00:30	01:08:01.60	01:08:16.85	+00:22:06 (32.4%)	6:08	9.8 (68.5%)
54	ZWOLIŃSKI Łukasz	5423	KASZUBSKA PONIEWIERKA	M30	16	00:01:00	01:08:42.40	01:08:47.75	+00:22:36 (32.9%)	6:09	9.7 (67.8%)
55	ŁOBODOWSKI Marcin	5182	RACEFIGHTER GOSIR DĘBE WLK.	M30	17	00:01:00	01:09:00.95	01:09:04.25	+00:22:53 (33.1%)	6:11	9.7 (67.8%)
56	RUS Marta	4971		K40	5	00:00:30	01:08:58.95	01:09:07.95	+00:22:57 (33.2%)	6:13	9.6 (67.1%)
57	MILCZAREK Marcin	5201	DRUŻYNA ORZECHA ŻYRARDÓW	M30	18		01:08:51.15	01:09:08.30	+00:22:57 (33.2%)	6:15	9.6 (67.1%)
58	SADOWSKI Andrzej	5388	3TBIAŁYSTOK	M40	14	00:00:30	01:09:06.20	01:09:15.50	+00:23:04 (33.3%)	6:14	9.6 (67.1%)
59	WOJNAROWSKA Weronika	5351		K30	4		01:09:06.25	01:09:16.05	+00:23:05 (33.3%)	6:17	9.5 (66.4%)
60	GAWLIK Marcin	5155		M40	15	00:01:00	01:09:23.15	01:09:40.90	+00:23:30 (33.7%)	6:13	9.7 (67.8%)
61	SCHWITALLA Adrian	5007		M40	16	00:01:00	01:09:24.90	01:09:41.10	+00:23:30 (33.7%)	6:13	9.6 (67.1%)
62	BAKA Mateusz	5412		M20	11		01:09:15.90	01:09:41.25	+00:23:30 (33.7%)	6:17	9.5 (66.4%)
63	MOLSA Konrad	5203		M20	12		01:09:16.45	01:09:42.15	+00:23:31 (33.7%)	6:17	9.5 (66.4%)
64	BORGOSZ Eryk	5446		M14	4	00:00:30	01:09:43.80	01:09:46.20	+00:23:35 (33.8%)	6:17	9.5 (66.4%)
65	GUBERNIAK Renata	5091		K30	5		01:09:46.75	01:10:05.70	+00:23:54 (34.1%)	6:20	9.5 (66.4%)
66	WALNIK Rafał	5437		M40	17		01:09:47.95	01:10:07.30	+00:23:56 (34.1%)	6:20	9.5 (66.4%)
67	SIWIEC Stanisław	5289		M60	1		01:10:17.80	01:10:20.55	+00:24:09 (34.3%)	6:23	9.4 (65.7%)
68	RONDUDA Janusz	5429		M40	18	00:00:30	01:10:11.55	01:10:27.95	+00:24:17 (34.5%)	6:20	9.5 (66.4%)
69	KUS Krzysztof	5168		M20	13		01:10:21.45	01:10:33.60	+00:24:22 (34.6%)	6:23	9.4 (65.7%)
70	WOŹNIAK Janusz	5353	PORMAT JEDLICZE BIEGA	M50	3		01:10:27.45	01:10:34.70	+00:24:23 (34.6%)	6:24	9.4 (65.7%)
71	ZYGMUNT Paweł	5373		M40	19	00:00:30	01:10:34.15	01:10:39.35	+00:24:28 (34.6%)	6:22	9.4 (65.7%)
72	SZYBIAK Maciej	5326	AGONA W&M	M14	5		01:10:37.55	01:10:43.05	+00:24:32 (34.7%)	6:25	9.3 (65.0%)
73	WRÓBLEWSKI Łukasz	5433		M30	19		01:10:56.30	01:11:12.95	+00:25:02 (35.2%)	6:26	9.3 (65.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
74	ŁYKO Marcin	5438		M30	20		01:10:53.30	01:11:13.05	+00:25:02 (35.2%)	6:26	9.3 (65.0%)
75	JAGODA Mateusz	4975		M50	4		01:11:13.10	01:11:28.45	+00:25:17 (35.4%)	6:28	9.3 (65.0%)
76	MELON Emilia	5397		K20	2		01:11:29.90	01:11:45.55	+00:25:34 (35.6%)	6:30	9.2 (64.3%)
77	ZEMŁA Maja	5418		K30	6	00:00:30	01:11:41.35	01:11:48.15	+00:25:37 (35.7%)	6:28	9.3 (65.0%)
78	BINIECKI Jakub	5023	EMBORDIU	M14	6	00:00:30	01:11:52.20	01:11:58.50	+00:25:47 (35.8%)	6:29	9.2 (64.3%)
79	ŁĘPA Marcin	5181		M30	21		01:12:06.30	01:12:09.75	+00:25:58 (36.0%)	6:33	9.2 (64.3%)
80	KOŁOSOWSKI Piotr	5410		M30	22		01:12:15.30	01:12:27.45	+00:26:16 (36.3%)	6:34	9.1 (63.6%)
81	URBANEK Małgorzata	5395		K40	6	00:01:00	01:12:42.40	01:12:55.35	+00:26:44 (36.7%)	6:31	9.2 (64.3%)
82	ZAMĘTA Jakub	5360		M20	14		01:13:09.20	01:13:17.60	+00:27:06 (37.0%)	6:39	9 (62.9%)
83	SENDER Andrzej	5278	TRIATHLON LUBLIN TEAM	M40	20	00:00:30	01:13:18.55	01:13:24.55	+00:27:13 (37.1%)	6:37	9.1 (63.6%)
84	MOSÓR Mariusz	5207	LISY PUSTYNI	M40	21		01:13:23.15	01:13:36.75	+00:27:25 (37.3%)	6:40	9 (62.9%)
85	SŁOWIK Adam	5295		M30	23		01:13:14.90	01:13:38.05	+00:27:27 (37.3%)	6:39	9 (62.9%)
86	DŁUGOSZ-STĘPNIAK Agnieszka	5060		K30	7		01:13:36.90	01:13:41.30	+00:27:30 (37.3%)	6:41	9 (62.9%)
87	DOMISZEWSKI Wojciech	4968		M50	5		01:14:16.80	01:14:22.20	+00:28:11 (37.9%)	6:45	8.9 (62.2%)
88	HEJNAR Dominik	5386		M20	15		01:13:58.75	01:14:26.65	+00:28:15 (38.0%)	6:43	8.9 (62.2%)
89	SPORNIAK Krzysztof	5302		M30	24		01:14:21.60	01:14:30.45	+00:28:19 (38.0%)	6:45	8.9 (62.2%)
90	ANDRZEJEWSKI Maciej	4964		M30	25		01:14:30.95	01:14:37.85	+00:28:27 (38.1%)	6:46	8.9 (62.2%)
91	SMOLARKIEWICZ Daria	5297	WIELUŃ BIEGA	K20	3		01:14:37.45	01:14:52.40	+00:28:41 (38.3%)	6:47	8.8 (61.5%)
92	BARADZIN Aliaksandr	5009		M20	16		01:14:53.05	01:15:02.15	+00:28:51 (38.5%)	6:48	8.8 (61.5%)
93	SANDOMIERSKI Krzysztof	4972		M40	22		01:14:54.00	01:15:04.90	+00:28:54 (38.5%)	6:48	8.8 (61.5%)
94	SERAFIN Bartłomiej	5279		M30	26		01:14:48.20	01:15:07.35	+00:28:56 (38.5%)	6:48	8.8 (61.5%)
95	MAŚLANKA Michał	5194	BKS WATAHA	M30	27		01:14:59.40	01:15:09.15	+00:28:58 (38.6%)	6:49	8.8 (61.5%)
96	RZEPKA Aleksandra	5270	WKURW_TEAM	K20	4		01:15:09.15	01:15:12.45	+00:29:01 (38.6%)	6:49	8.8 (61.5%)
97	KOWALCZYK Mariusz	5424		M40	23		01:15:15.95	01:15:19.85	+00:29:09 (38.7%)	6:50	8.8 (61.5%)
98	KOPACKA Eliza	5146		K30	8	00:00:30	01:15:37.10	01:15:44.85	+00:29:34 (39.0%)	6:49	8.8 (61.5%)
99	KOWALCZYK Alan	5152		M30	28		01:15:44.25	01:15:54.55	+00:29:43 (39.2%)	6:53	8.7 (60.8%)
100	ROLIŃSKI Radosław	5260		M40	24		01:15:50.25	01:15:56.75	+00:29:45 (39.2%)	6:53	8.7 (60.8%)
101	WAWRZENIUK Emilia	5344		K30	9		01:15:52.15	01:15:57.15	+00:29:46 (39.2%)	6:53	8.7 (60.8%)
102	GÓRA Bartosz	5083		M20	17		01:15:31.75	01:15:58.10	+00:29:47 (39.2%)	6:52	8.7 (60.8%)
103	KUS Andrzej	5167		M40	25		01:15:59.40	01:16:11.55	+00:30:00 (39.4%)	6:54	8.7 (60.8%)
104	FIRAZA Łukasz	5383		M30	29		01:15:51.50	01:16:12.60	+00:30:01 (39.4%)	6:53	8.7 (60.8%)
105	BIELECKI Krystian	5392		M14	7		01:16:11.05	01:16:25.60	+00:30:14 (39.6%)	6:55	8.7 (60.8%)
106	DRABCZYK Maciej	5063		M30	30		01:16:21.35	01:16:38.50	+00:30:27 (39.7%)	6:56	8.6 (60.1%)
107	LEWANDOWSKI Przemysław	5174	42	M30	31		01:16:34.35	01:16:45.25	+00:30:34 (39.8%)	6:57	8.6 (60.1%)
108	ZAJĄC Monika	5359	ELECTROLUX	K30	10		01:16:38.35	01:16:51.95	+00:30:41 (39.9%)	6:58	8.6 (60.1%)
109	BARAN Bartek	5010	BOLT TRZEMESZNO	M40	26		01:16:27.25	01:16:52.50	+00:30:41 (39.9%)	6:57	8.6 (60.1%)
110	JANOWSKI Tomasz	5109	ŁĘCZNA BIEGA	M30	32	00:01:00	01:16:49.15	01:16:53.20	+00:30:42 (39.9%)	6:53	8.7 (60.8%)
111	ZGÓRSKI Mateusz	5366		M30	33		01:16:43.10	01:16:53.50	+00:30:42 (39.9%)	6:58	8.6 (60.1%)
112	SOSIŃSKI Tomasz	5384		M30	34	00:00:30	01:16:40.80	01:17:01.60	+00:30:50 (40.0%)	6:55	8.7 (60.8%)
113	KRAWCZYK Kamil	5453	BIEGUSIEM.PL	M20	18	00:01:00	01:16:54.65	01:17:03.10	+00:30:52 (40.1%)	6:54	8.7 (60.8%)
114	DZIARKOWSKA Edyta	5067	#TEAMDKMS	K30	11		01:16:47.60	01:17:05.15	+00:30:54 (40.1%)	6:58	8.6 (60.1%)
115	STOLARCZYK Joanna	5309	BIEGAM BO LUBIĘ OSTROŁĘKA	K40	7		01:16:56.50	01:17:10.65	+00:30:59 (40.2%)	6:59	8.6 (60.1%)
116	CZEKALSKI Mariusz	5391		M40	27		01:17:04.55	01:17:11.65	+00:31:00 (40.2%)	7:00	8.6 (60.1%)
117	UJMA Stanisław	5341	INTERAUTO	M60	2		01:17:04.05	01:17:14.95	+00:31:04 (40.2%)	7:00	8.6 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
118	PODWYSOCKI Wojciech	5449		M40	28	00:00:30	01:16:57.30	01:17:21.60	+00:31:10 (40.3%)	6:57	8.6 (60.1%)
119	DĘBOWSKA Katarzyna	5057		K30	12		01:17:26.75	01:17:34.15	+00:31:23 (40.5%)	7:02	8.5 (59.4%)
120	SZEWCZYK Jakub	5322		M30	35	00:00:30	01:17:09.70	01:17:39.65	+00:31:28 (40.5%)	6:58	8.6 (60.1%)
121	WAŁĘGA-ROSTEK Małgorzata	5342		K40	8		01:17:32.95	01:17:40.65	+00:31:29 (40.5%)	7:03	8.5 (59.4%)
122	SIELICKI Krzysztof	5284		M30	36	00:01:00	01:17:31.30	01:17:49.90	+00:31:39 (40.7%)	6:57	8.6 (60.1%)
123	ŚWIĘCH Adam	5332	IDE NA MISTRZA	M40	29	00:00:30	01:17:14.05	01:18:02.45	+00:31:51 (40.8%)	6:58	8.6 (60.1%)
124	SZOPINSKA Justyna	5323		K30	13	00:00:30	01:17:42.50	01:18:03.65	+00:31:52 (40.8%)	7:01	8.5 (59.4%)
125	JAGODZIŃSKI Hubert	5101	DZIK KOMANDO	M20	19		01:18:04.50	01:18:09.20	+00:31:58 (40.9%)	7:05	8.5 (59.4%)
126	KUBASIEWICZ Artur	5165		M50	6	00:01:00	01:18:13.75	01:18:23.65	+00:32:12 (41.1%)	7:01	8.5 (59.4%)
127	BOROWSKI Piotr	5029	IDE NA MISTRZA	M30	37		01:17:57.70	01:18:47.75	+00:32:36 (41.4%)	7:05	8.5 (59.4%)
128	DROSIO Klaudia	5065	KASZANKI	K30	14		01:18:40.60	01:18:49.90	+00:32:39 (41.4%)	7:09	8.4 (58.7%)
129	DUDKO Mikalai	5066	JACEKBIEGA RUNNING TEAM	M30	38	00:01:00	01:18:34.25	01:18:53.40	+00:32:42 (41.5%)	7:03	8.5 (59.4%)
130	PRZYBYLSKI Witek	5455		M30	39		01:19:03.95	01:19:09.65	+00:32:58 (41.7%)	7:11	8.3 (58.0%)
131	WILK Jan	5382	HAPPY SCHOOL	M14	8		01:19:13.45	01:19:16.30	+00:33:05 (41.7%)	7:12	8.3 (58.0%)
132	ABULEWICZ Wojciech	5456	TRENING STUDIO 17	M50	7		01:19:14.80	01:19:20.75	+00:33:09 (41.8%)	7:12	8.3 (58.0%)
133	MILCZAREK Magdalena	5202	DRUŻYNA ORZECHA ŻYRARDÓW	K30	15		01:19:06.25	01:19:22.90	+00:33:12 (41.8%)	7:11	8.3 (58.0%)
134	JAMROZIK Konrad	5102		M30	40		01:19:25.55	01:19:29.45	+00:33:18 (41.9%)	7:13	8.3 (58.0%)
135	WOLSKI Kamil	4977		M30	41		01:19:31.00	01:19:34.90	+00:33:24 (42.0%)	7:13	8.3 (58.0%)
136	POKRYWKA Stefan	5387		M60	3		01:19:12.00	01:19:48.30	+00:33:37 (42.1%)	7:12	8.3 (58.0%)
137	JAŻOWNIK Sylwia	5114		K40	9	00:00:30	01:19:44.35	01:19:50.85	+00:33:40 (42.2%)	7:12	8.3 (58.0%)
138	CIEPLA Magda	5045		K20	5	00:00:30	01:19:45.20	01:19:54.85	+00:33:44 (42.2%)	7:12	8.3 (58.0%)
139	MACIOROWSKI Michał	5186		M30	42		01:20:06.25	01:20:14.70	+00:34:03 (42.5%)	7:16	8.2 (57.3%)
140	CZARTORYJSKI Jakub	5048		M20	20		01:20:17.35	01:20:35.80	+00:34:24 (42.7%)	7:17	8.2 (57.3%)
141	HABRAT Paweł	5093		M30	43		01:20:09.90	01:20:37.50	+00:34:26 (42.7%)	7:17	8.2 (57.3%)
142	JĘDRZEJOWSKA - DEC Anna	4962		K40	10		01:20:47.95	01:20:47.95	+00:34:37 (42.8%)	7:20	8.2 (57.3%)
143	MAĆZKA Bronisław	4955		M60	4		01:20:43.60	01:20:48.20	+00:34:37 (42.8%)	7:20	8.2 (57.3%)
144	KŁODZIŃSKA Barbara	5137	ULTRAMĘKI	K40	11		01:20:50.85	01:20:59.10	+00:34:48 (43.0%)	7:21	8.2 (57.3%)
145	BARSZCZ Marek	5012	BARANOWRUN	M40	30		01:20:37.80	01:21:02.15	+00:34:51 (43.0%)	7:19	8.2 (57.3%)
146	DŁUGOSZ Kasia	5059	STAY INSANE	K30	16		01:20:58.50	01:21:02.65	+00:34:51 (43.0%)	7:21	8.2 (57.3%)
147	GRUSZECKA Anna	5089		K40	12		01:21:04.10	01:21:09.35	+00:34:58 (43.1%)	7:22	8.1 (56.6%)
148	KUBASIEWICZ Wojciech	5164		M20	21		01:21:03.80	01:21:14.20	+00:35:03 (43.2%)	7:22	8.1 (56.6%)
149	SZAFRAŃSKI Tomasz	5317	WKURW_TEAM	M20	22	00:00:30	01:20:46.60	01:21:23.70	+00:35:12 (43.3%)	7:17	8.2 (57.3%)
150	SUCHOWIECKA Sabina	5312		K20	6		01:21:20.20	01:21:41.55	+00:35:30 (43.5%)	7:23	8.1 (56.6%)
151	WOJNAROWSKA Marcelina	5350		K30	17		01:21:33.05	01:21:43.15	+00:35:32 (43.5%)	7:24	8.1 (56.6%)
152	ZUKOWSKI Lukasz	5370	SUUNTO RUN TEAM	M20	23	00:00:30	01:21:28.40	01:21:44.50	+00:35:33 (43.5%)	7:21	8.2 (57.3%)
153	AMBROZIAK Anna	5003		K20	7		01:21:24.10	01:21:44.85	+00:35:34 (43.5%)	7:24	8.1 (56.6%)
154	SZUMIŃSKI Paweł	5325		M40	31	00:00:30	01:21:22.90	01:21:53.05	+00:35:42 (43.6%)	7:21	8.2 (57.3%)
155	GOLON Leszek	5080		M30	44		01:21:33.90	01:21:54.05	+00:35:43 (43.6%)	7:24	8.1 (56.6%)
156	JANAS Szymon	5104	3PBOT / 35BLP SANOK	M20	24		01:21:58.05	01:22:06.25	+00:35:55 (43.8%)	7:27	8.1 (56.6%)
157	KOCHAŃSKA Joanna	5141	RUN PASJA	K40	13		01:21:53.65	01:22:12.00	+00:36:01 (43.8%)	7:26	8.1 (56.6%)
158	WAWRZKO Katarzyna	5345		K20	8		01:21:50.45	01:22:14.55	+00:36:03 (43.8%)	7:26	8.1 (56.6%)
159	HERTEL Michał	5394		M40	32	00:00:30	01:21:52.50	01:22:15.05	+00:36:04 (43.9%)	7:23	8.1 (56.6%)
160	FONAŁ Lucyna	5399		K30	18		01:22:25.55	01:22:34.40	+00:36:23 (44.1%)	7:29	8 (55.9%)
161	KRZYMOWSKI Piotr	5431		M30	45		01:22:30.75	01:22:44.45	+00:36:33 (44.2%)	7:30	8 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
162	FUDALI Jacek	5074	INTERAUTO	M30	46		01:22:43.90	01:22:54.85	+00:36:44 (44.3%)	7:31	8 (55.9%)
163	MACHUCKA Ewelina	5369		K30	19	00:01:00	01:22:25.75	01:22:55.30	+00:36:44 (44.3%)	7:24	8.1 (56.6%)
164	SŁABOWSKA Monika	5292		K20	9		01:22:48.70	01:23:04.35	+00:36:53 (44.4%)	7:31	8 (55.9%)
165	SAŁAMACHA Izabela	5273	ŻÓRAWSKI TEAM	K30	20		01:23:01.20	01:23:23.40	+00:37:12 (44.6%)	7:32	8 (55.9%)
166	KORAB Grzegorz	5147	IDE NA MISTRZA	M40	33		01:22:42.10	01:23:33.90	+00:37:23 (44.7%)	7:31	8 (55.9%)
167	ANDRASZ Paweł	5005	KMP ŁÓDŹ	M20	25	00:00:30	01:24:08.20	01:24:17.55	+00:38:06 (45.2%)	7:36	7.9 (55.2%)
168	CICHOCKI Bartłomiej	5044		M20	26		01:24:32.40	01:24:48.95	+00:38:38 (45.6%)	7:41	7.8 (54.5%)
169	ŻBIK Natalia	5374		K20	10		01:24:35.85	01:25:02.40	+00:38:51 (45.7%)	7:41	7.8 (54.5%)
170	KUREK Małgorzata	4963		K30	21		01:24:33.40	01:25:13.25	+00:39:02 (45.8%)	7:41	7.8 (54.5%)
171	DOMAŁACNY Jarek	4954		M30	47		01:24:34.15	01:25:14.20	+00:39:03 (45.8%)	7:41	7.8 (54.5%)
172	JANOWSKI Mateusz	5108		M30	48		01:24:58.05	01:25:14.35	+00:39:03 (45.8%)	7:43	7.8 (54.5%)
173	MARKOWSKA Karolina	5189	EUROPA UBEZPIECZENIA/NOA	K30	22		01:24:57.85	01:25:14.50	+00:39:03 (45.8%)	7:43	7.8 (54.5%)
174	HODUR Karolina	5096		K30	23		01:25:06.85	01:25:27.30	+00:39:16 (46.0%)	7:44	7.8 (54.5%)
175	JASTRZĄBEK Agnieszka	4969		K30	24		01:25:03.45	01:25:27.45	+00:39:16 (46.0%)	7:43	7.8 (54.5%)
176	SIEDLEC Wiesław	5282	LIONS	M40	34		01:25:25.10	01:25:39.10	+00:39:28 (46.1%)	7:45	7.7 (53.8%)
177	WÓJCICKA Justyna	5393		K30	25		01:25:21.25	01:25:43.05	+00:39:32 (46.1%)	7:45	7.7 (53.8%)
178	PŁUCIENNIK Krzysztof	5377		M30	49		01:25:18.95	01:25:45.80	+00:39:34 (46.2%)	7:45	7.7 (53.8%)
179	FIKAS Krzysztof	5071		M60	5	00:00:30	01:25:43.00	01:25:47.35	+00:39:36 (46.2%)	7:44	7.7 (53.8%)
180	TOKARZ Krzysztof	5337	SSW TEAM KROŚNICE	M30	50		01:25:36.85	01:25:52.00	+00:39:41 (46.2%)	7:47	7.7 (53.8%)
181	JARZABSKA Justyna	5110		K30	26		01:25:29.00	01:25:52.30	+00:39:41 (46.2%)	7:46	7.7 (53.8%)
182	KUŚPIET Sylwia	5169	6 BATALION POWIETRZNO-DESANTOWY	K20	11	00:01:00	01:25:41.45	01:25:57.25	+00:39:46 (46.3%)	7:42	7.8 (54.5%)
183	DUDEK Marcin	5398		M30	51	00:01:00	01:25:41.70	01:25:57.45	+00:39:46 (46.3%)	7:42	7.8 (54.5%)
184	UBYCH Marcin	5430		M40	35		01:25:36.60	01:25:58.10	+00:39:47 (46.3%)	7:47	7.7 (53.8%)
185	SZAFRAŃSKA Aleksandra	5316	WKURW_TEAM	K20	12	00:00:30	01:25:25.85	01:26:02.65	+00:39:51 (46.3%)	7:43	7.8 (54.5%)
186	SIEDLEC Karolina	5283	LIONS	K20	13	00:00:30	01:25:54.90	01:26:09.10	+00:39:58 (46.4%)	7:45	7.7 (53.8%)
187	GOŁĄBIEWSKI Jarek	5081	BIEGACZE ŚWINOUJŚCIE/ WKURW-TEAM	M50	8	00:00:30	01:25:44.55	01:26:17.10	+00:40:06 (46.5%)	7:45	7.7 (53.8%)
188	TOKARZ Magdalena	5336	SSW TEAM KROŚNICE	K30	27	00:00:30	01:26:06.45	01:26:21.25	+00:40:10 (46.5%)	7:47	7.7 (53.8%)
189	ROSIŃSKA Magdalena	5265	BOLT TRZEMESZNO	K30	28		01:26:06.10	01:26:27.25	+00:40:16 (46.6%)	7:49	7.7 (53.8%)
190	CHABROS Małgorzata	5040	THE RUNNERS ŚWECIE	K20	14		01:26:27.50	01:26:37.80	+00:40:26 (46.7%)	7:51	7.6 (53.1%)
191	MASZKOWSKA Anna	5191		K40	14		01:26:13.55	01:26:46.25	+00:40:35 (46.8%)	7:50	7.7 (53.8%)
192	ENGEL-ABULEWICZ Elżbieta	5069	TRENING STUDIO17	K50	3		01:26:42.35	01:26:48.55	+00:40:37 (46.8%)	7:52	7.6 (53.1%)
193	MASZKOWSKI Rafał	5192		M40	36		01:26:28.05	01:27:00.25	+00:40:49 (46.9%)	7:51	7.6 (53.1%)
194	JAGODA Adam	4974		M50	9		01:26:26.05	01:27:01.00	+00:40:50 (46.9%)	7:51	7.6 (53.1%)
195	STYKOWSKA Wioletta	5311		K40	15		01:26:49.30	01:27:01.55	+00:40:50 (46.9%)	7:53	7.6 (53.1%)
196	WOŹNIAK Lidia	5354	PORMAT JEDLICZE BIEGA	K50	4		01:26:54.65	01:27:01.85	+00:40:51 (46.9%)	7:54	7.6 (53.1%)
197	BUGAŁA Robert	5035	SOLID HOUSE LUBLIN	M50	10		01:26:33.00	01:27:02.85	+00:40:52 (46.9%)	7:52	7.6 (53.1%)
198	MARAS Ladislav	5457	MARAS TEAM	M50	11		01:26:31.00	01:27:05.65	+00:40:54 (47.0%)	7:51	7.6 (53.1%)
199	KOTOWSKA Sylwia	5150		K30	29		01:26:43.55	01:27:08.65	+00:40:57 (47.0%)	7:53	7.6 (53.1%)
200	CZUBEK Ola	5050	ALEKSANDRA CZUBEK IP LEGAL	K20	15	00:00:30	01:26:29.85	01:27:08.95	+00:40:58 (47.0%)	7:49	7.7 (53.8%)
201	JARZĘBOWICZ Magdalena	5111	DTR	K30	30	00:00:30	01:26:53.10	01:27:16.10	+00:41:05 (47.1%)	7:51	7.6 (53.1%)
202	JABŁOŃSKA Justyna	5098	SSW TEAM KROŚNICE	K30	31		01:27:25.05	01:27:39.40	+00:41:28 (47.3%)	7:56	7.6 (53.1%)
203	LOMBARSKI Łukasz	5180	SSW TEAM KROŚNICE	M30	52		01:27:25.55	01:27:40.05	+00:41:29 (47.3%)	7:56	7.5 (52.4%)
204	NISZCZAK Beata	5213		K30	32		01:27:52.25	01:27:56.85	+00:41:46 (47.5%)	7:59	7.5 (52.4%)
205	KOŁODZIEJ Magda	5145		K20	16		01:27:51.55	01:27:56.90	+00:41:46 (47.5%)	7:59	7.5 (52.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
206	PAWŁOWSKI Krzysztof	5415		M20	27	00:00:30	01:27:33.80	01:27:58.60	+00:41:47 (47.5%)	7:54	7.6 (53.1%)
207	SZYMCZAK Łukasz	5329	SSW TEAM KROŚNICE	M30	53		01:27:42.45	01:27:59.15	+00:41:48 (47.5%)	7:58	7.5 (52.4%)
208	BŁOŃSKA Marzena	5024	SPARK TEAM	K50	5		01:27:39.60	01:28:00.95	+00:41:50 (47.5%)	7:58	7.5 (52.4%)
209	WOJDA Dariusz	5349	DZIKIE DZIKI	M40	37		01:27:40.25	01:28:01.10	+00:41:50 (47.5%)	7:58	7.5 (52.4%)
210	DARŁAK Marek	5419		M20	28		01:27:28.55	01:28:02.15	+00:41:51 (47.5%)	7:57	7.5 (52.4%)
211	WEISMAN Wiktoria	5347		K20	17		01:27:43.70	01:28:02.25	+00:41:51 (47.5%)	7:58	7.5 (52.4%)
212	DARŁAK Joanna	5052		K30	33		01:27:29.70	01:28:03.55	+00:41:52 (47.6%)	7:57	7.5 (52.4%)
213	DZIEDZINA Tomasz	5068	MUAY RUNNING TEAM	M40	38	00:01:00	01:27:35.10	01:28:07.80	+00:41:56 (47.6%)	7:52	7.6 (53.1%)
214	ZYGMUNT Monika	5371		K40	16	00:00:30	01:27:55.80	01:28:16.55	+00:42:05 (47.7%)	7:56	7.5 (52.4%)
215	MAJERNIK Milah	5458		M40	39		01:27:42.25	01:28:16.90	+00:42:06 (47.7%)	7:58	7.5 (52.4%)
216	KAMIŃSKA Beata	5127	MYSZKÓW BIEGA	K50	6		01:28:10.85	01:28:17.35	+00:42:06 (47.7%)	8:01	7.5 (52.4%)
217	POWIERŻA Adrian	5252	KOTEŁ TEAM	M20	29	00:00:30	01:28:00.50	01:28:23.55	+00:42:12 (47.8%)	7:57	7.5 (52.4%)
218	SANDOMIERSKA Karina	5276		K40	17		01:28:27.60	01:28:38.25	+00:42:27 (47.9%)	8:02	7.5 (52.4%)
219	PAWŁOWSKI Jacek	5232		M20	30	00:00:30	01:28:16.90	01:28:41.65	+00:42:30 (47.9%)	7:58	7.5 (52.4%)
220	MAZUR Magdalena	5196	HEROBOX	K40	18		01:28:34.95	01:28:46.35	+00:42:35 (48.0%)	8:03	7.5 (52.4%)
221	WAŚOWICZ Martyna	5346		K20	18		01:28:41.80	01:28:47.60	+00:42:36 (48.0%)	8:03	7.4 (51.7%)
222	JAGODZIŃSKA Justyna	5100	BOLT TRZEMESZNO	K20	19		01:28:38.40	01:29:04.30	+00:42:53 (48.2%)	8:03	7.4 (51.7%)
223	KIELIŃSKA Kamila	5134		K30	34	00:00:30	01:28:59.65	01:29:10.85	+00:43:00 (48.2%)	8:02	7.5 (52.4%)
224	ZIELIŃSKA IGNASZAK Iwona	5368	HEROBOX	K40	19		01:29:25.00	01:29:35.90	+00:43:25 (48.5%)	8:07	7.4 (51.7%)
225	GUŹDZIOŁ Jarosław	5443		M40	40		01:29:12.85	01:29:43.55	+00:43:32 (48.5%)	8:06	7.4 (51.7%)
226	PIETRZAK Sylwia	5238		K30	35		01:29:39.65	01:29:47.35	+00:43:36 (48.6%)	8:09	7.4 (51.7%)
227	ADAMKIEWICZ Dorota	5001		K30	36		01:29:30.15	01:29:56.05	+00:43:45 (48.7%)	8:08	7.4 (51.7%)
228	TUROCZY Wojtech	5339	ACTIVE LIFE KOSICE	M40	41		01:30:11.50	01:30:24.00	+00:44:13 (48.9%)	8:12	7.3 (51.0%)
229	LIPTAKOVA Adelka	5177	ACTIVE LIFE KOSICE	K40	20		01:30:11.40	01:30:24.20	+00:44:13 (48.9%)	8:12	7.3 (51.0%)
230	SZYIŃSKA Alicja	5327	NOA	K30	37		01:30:15.30	01:30:31.25	+00:44:20 (49.0%)	8:12	7.3 (51.0%)
231	ADAMKIEWICZ Andrzej	5400		M30	54		01:30:06.05	01:30:32.05	+00:44:21 (49.0%)	8:11	7.3 (51.0%)
232	CYRAN Monika	5159		K30	38		01:30:09.70	01:30:32.45	+00:44:21 (49.0%)	8:11	7.3 (51.0%)
233	SWOBODA Jarosław	5315	NIGHT RUNNERS GLIWICE	M40	42		01:30:33.75	01:30:38.35	+00:44:27 (49.0%)	8:14	7.3 (51.0%)
234	MAĆZKA Krystyna	5444	EKSTREMALNE OTK NA RELAKSIE	K60	1		01:30:33.45	01:30:38.40	+00:44:27 (49.1%)	8:14	7.3 (51.0%)
235	GIRASEK Peter	4959		M20	31		01:30:03.30	01:30:38.65	+00:44:27 (49.1%)	8:11	7.3 (51.0%)
236	SEPELAKOVA Lucia	4961		K30	39		01:30:04.85	01:30:39.80	+00:44:28 (49.1%)	8:11	7.3 (51.0%)
237	ZAJĄC Łukasz	5390		M20	32	00:00:30	01:31:08.50	01:31:15.05	+00:45:04 (49.4%)	8:14	7.3 (51.0%)
238	CHOŁUJ Iwona	5042	WARIATKI I HISTRYCZKI	K40	21		01:31:03.45	01:31:16.65	+00:45:05 (49.4%)	8:16	7.2 (50.3%)
239	CHOŁUJ Aleksandra	5043	WARIATKI I HISTRYCZKI	K14	1	00:00:30	01:31:33.20	01:31:46.65	+00:45:35 (49.7%)	8:16	7.2 (50.3%)
240	TOMASZEWSKA Magdalena	5338		K40	22		01:31:21.35	01:31:49.90	+00:45:39 (49.7%)	8:18	7.2 (50.3%)
241	OSIŃSKA Sylwia	5222		K40	23		01:31:35.90	01:31:54.45	+00:45:43 (49.8%)	8:19	7.2 (50.3%)
242	SEBZDA Małgorzata	5277	HUSARIA RACE TEAM	K40	24		01:31:52.10	01:31:55.60	+00:45:44 (49.8%)	8:21	7.2 (50.3%)
243	ZARZECZNA Halina	5432		K50	7		01:31:43.35	01:32:00.00	+00:45:49 (49.8%)	8:20	7.2 (50.3%)
244	JABŁOŃSKI Kazimierz	5099		M60	6	00:00:30	01:31:36.90	01:32:13.85	+00:46:03 (49.9%)	8:17	7.2 (50.3%)
245	SETA Wiktoria	5281	PADŁ NA RYJ	K30	40		01:31:59.75	01:32:21.60	+00:46:10 (50.0%)	8:21	7.2 (50.3%)
246	BURA Łukasz	5422		M40	43		01:32:06.60	01:32:23.85	+00:46:13 (50.0%)	8:22	7.2 (50.3%)
247	GADAMSKA-KABATA Paulina	5439		K30	41		01:32:09.75	01:32:43.60	+00:46:32 (50.2%)	8:22	7.2 (50.3%)
248	NIEMCZUK-WARNECKE Justyna	5212		K30	42		01:32:33.95	01:32:44.85	+00:46:34 (50.2%)	8:24	7.1 (49.7%)
249	OLESZEK Tomasz	5220		M30	55		01:32:41.10	01:32:48.50	+00:46:37 (50.2%)	8:25	7.1 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
250	ANCUKIEWICZ Magdalena	5004		K30	43		01:33:28.55	01:33:35.35	+00:47:24 (50.7%)	8:29	7.1 (49.7%)
251	SITAREK Iwona	5288		K50	8		01:33:23.20	01:33:41.05	+00:47:30 (50.7%)	8:29	7.1 (49.7%)
252	JANASZ Andrzej	5105		M40	44		01:33:23.05	01:33:41.15	+00:47:30 (50.7%)	8:29	7.1 (49.7%)
253	SĘPKOWSKI Grzegorz	5161	KASZANKI	M40	45		01:33:35.70	01:33:52.75	+00:47:41 (50.8%)	8:30	7.1 (49.7%)
254	NIEGŁOS Karolina	5211		K30	44		01:33:44.45	01:33:54.90	+00:47:44 (50.8%)	8:31	7 (49.0%)
255	MASZOTA Bartek	5193		M30	56	00:00:30	01:33:45.85	01:33:56.85	+00:47:46 (50.8%)	8:28	7.1 (49.7%)
256	KOSZYKA Weronika	5149	CONSTRAVIA	K20	20		01:33:46.45	01:34:07.95	+00:47:57 (50.9%)	8:31	7 (49.0%)
257	BERNAT Agnieszka	5015		K20	21		01:33:46.45	01:34:13.15	+00:48:02 (51.0%)	8:31	7 (49.0%)
258	STĘPIEŃ Justyna	5305		K30	45	00:00:30	01:33:46.45	01:34:14.10	+00:48:03 (51.0%)	8:28	7.1 (49.7%)
259	STEFANIUK Tomasz	5304		M40	46		01:34:06.20	01:34:14.75	+00:48:03 (51.0%)	8:33	7 (49.0%)
260	DOBRYNIECKA Magdalena	5062		K40	25	00:00:30	01:34:10.65	01:34:17.30	+00:48:06 (51.0%)	8:31	7 (49.0%)
261	ŁUCJANEK Justyna	5183		K30	46		01:34:14.20	01:34:26.20	+00:48:15 (51.1%)	8:34	7 (49.0%)
262	BOGUSZ Emilia	5027		K30	47	00:00:30	01:34:12.85	01:34:26.25	+00:48:15 (51.1%)	8:31	7 (49.0%)
263	WÓJTOWICZ Paweł	5011		M40	47		01:34:29.40	01:34:59.90	+00:48:49 (51.4%)	8:35	7 (49.0%)
264	GAJEWSKA Magdalena	5401		K40	26		01:34:57.80	01:35:27.75	+00:49:16 (51.6%)	8:38	6.9 (48.3%)
265	PALUSZKIEWICZ Karolina	5226	ŚREMSKI KLUB MORSÓW 'MROZIK'	K40	27		01:35:27.90	01:35:30.35	+00:49:19 (51.6%)	8:40	6.9 (48.3%)
266	SADOCH Marcin	5272		M40	48		01:34:43.35	01:35:31.95	+00:49:21 (51.7%)	8:36	7 (49.0%)
267	FAFARA Agnieszka	5070		K40	28		01:35:12.85	01:35:51.20	+00:49:40 (51.8%)	8:39	6.9 (48.3%)
268	JASIŃSKA Justyna	5113	KOTEŁ TEAM	K20	22	00:00:30	01:35:54.00	01:36:17.45	+00:50:06 (52.0%)	8:40	6.9 (48.3%)
269	ULICNY Pavol	4957		M40	49		01:35:43.75	01:36:20.20	+00:50:09 (52.1%)	8:42	6.9 (48.3%)
270	BRZEWIŃSKA Marzena	5033	BOLT TRZEMESZNO	K40	29		01:36:22.95	01:36:47.75	+00:50:36 (52.3%)	8:45	6.8 (47.6%)
271	BOJANOWSKI Alex	5064	TEAMDKMS	M20	33		01:36:42.95	01:37:00.40	+00:50:49 (52.4%)	8:47	6.8 (47.6%)
272	JEZIEBSKA Karina	5116	PĘDZĄCE LASSO	K40	30		01:37:15.35	01:37:44.10	+00:51:33 (52.7%)	8:50	6.8 (47.6%)
273	BIENIECKI Marek	5407		M60	7		01:37:54.15	01:38:08.35	+00:51:57 (52.9%)	8:54	6.7 (46.9%)
274	JAMRÓZ Joanna	5103	JAMERKI	K40	31		01:38:01.20	01:38:20.05	+00:52:09 (53.0%)	8:54	6.7 (46.9%)
275	JAROSZ Grzegorz	4370		M50	12	00:00:30	01:38:23.05	01:38:46.50	+00:52:35 (53.2%)	8:53	6.7 (46.9%)
276	DUSRACALK Milan	5459	MARAS TEAM	M50	13		01:38:40.30	01:39:15.20	+00:53:04 (53.5%)	8:58	6.7 (46.9%)
277	MOSÓR Lilla	5206	LISY PUSTYNI	K40	32		01:39:03.90	01:39:18.95	+00:53:08 (53.5%)	9:00	6.7 (46.9%)
278	KOCHAN Grzegorz	5140		M30	57	00:00:30	01:39:21.50	01:39:51.50	+00:53:40 (53.8%)	8:59	6.7 (46.9%)
279	LEPIARZ Beata	5173		K40	33	00:00:30	01:39:22.15	01:39:51.60	+00:53:40 (53.8%)	8:59	6.7 (46.9%)
280	ZGORZELSKA Ania	5365		K30	48		01:39:42.55	01:39:55.65	+00:53:44 (53.8%)	9:03	6.6 (46.2%)
281	SIERPOWSKA-BARTOSIK Agnieszka	5287	VEGE RUNNERS	K40	34		01:39:38.00	01:40:00.75	+00:53:49 (53.8%)	9:03	6.6 (46.2%)
282	RONDUDA Małgorzata	5263		K40	35		01:39:28.50	01:40:07.25	+00:53:56 (53.9%)	9:02	6.6 (46.2%)
283	KACZYŃSKA Julia	5120		K14	2		01:40:01.75	01:40:25.80	+00:54:14 (54.0%)	9:05	6.6 (46.2%)
284	BAŁAGA Marcin	5405		M40	50	00:01:00	01:39:58.80	01:40:27.55	+00:54:16 (54.0%)	8:59	6.7 (46.9%)
285	KASZUBA Ryszard	5132	KLUB SPORTOWY PRESTIGE	M60	8		01:40:32.45	01:40:35.45	+00:54:24 (54.1%)	9:08	6.6 (46.2%)
286	KOCHAŃSKI Bartosz	5142		M30	58		01:40:22.85	01:40:42.60	+00:54:31 (54.1%)	9:07	6.6 (46.2%)
287	PRZYCHODZIEN Gabriela	5255	MORDECZKI	K20	23		01:40:24.55	01:40:52.40	+00:54:41 (54.2%)	9:07	6.6 (46.2%)
288	KOLAJ Hanna	5143		K30	49		01:40:23.70	01:40:52.55	+00:54:41 (54.2%)	9:07	6.6 (46.2%)
289	KOLAJ Krzysztof	5144		M30	59		01:40:23.95	01:40:52.70	+00:54:41 (54.2%)	9:07	6.6 (46.2%)
290	ŻOŁNA Jakub	5375	FULFILL DREAMS TEAM PSZCZYNA	M20	34		01:40:24.40	01:40:53.35	+00:54:42 (54.2%)	9:07	6.6 (46.2%)
291	MROZIŃSKI Andrzej	5427		M50	14	00:00:30	01:40:43.30	01:40:55.60	+00:54:44 (54.2%)	9:06	6.6 (46.2%)
292	BUŚ Grzegorz	5038		M60	9	00:00:30	01:40:56.60	01:41:06.20	+00:54:55 (54.3%)	9:07	6.6 (46.2%)
293	SYGUŁA Dominika	5406		K30	50	00:00:30	01:40:51.95	01:41:08.00	+00:54:57 (54.3%)	9:07	6.6 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
294	KOWALCZYK-CHRZUSZCZ Katarzyna	5153	SLOW JOGGING ŁÓDŹ	K50	9		01:41:05.05	01:41:27.60	+00:55:16 (54.5%)	9:11	6.5 (45.5%)
295	GASIK Wioletta	5380	HUMAN&HUNTER RUNNERS TEAM	K40	36		01:41:17.45	01:41:31.90	+00:55:21 (54.5%)	9:12	6.5 (45.5%)
296	BAKALARZ Aleksandra	5008	EPOKA NOEDICA ŁÓDŹ	K50	10		01:41:21.30	01:41:43.35	+00:55:32 (54.6%)	9:12	6.5 (45.5%)
297	SZCZEPAŃSKI Marcin	5396		M40	51		01:41:21.90	01:41:43.65	+00:55:32 (54.6%)	9:12	6.5 (45.5%)
298	MACIEJAK LECHOWSKA Kamila	5184	WKURW_TEAM	K30	51		01:41:42.20	01:42:09.20	+00:55:58 (54.8%)	9:14	6.5 (45.5%)
299	TOCZEK Katarzyna	5335		K30	52		01:41:43.20	01:42:10.35	+00:55:59 (54.8%)	9:14	6.5 (45.5%)
300	TATARSKI Rafał	5334		M20	35		01:41:52.20	01:42:10.85	+00:56:00 (54.8%)	9:15	6.5 (45.5%)
301	SZYMAŁA Karolina	5328	#NIUŃKOWABIEGA	K14	3		01:42:07.10	01:42:26.95	+00:56:16 (54.9%)	9:17	6.5 (45.5%)
302	MONKIEWICZ-OBZUT Agata	5204		K30	53		01:42:35.15	01:42:56.30	+00:56:45 (55.1%)	9:19	6.4 (44.8%)
303	OBZUT Bartek	5217		M30	60		01:42:34.55	01:42:56.40	+00:56:45 (55.1%)	9:19	6.4 (44.8%)
304	PARADOWSKI Paweł	5227		M50	15		01:42:43.65	01:43:01.85	+00:56:51 (55.2%)	9:20	6.4 (44.8%)
305	JEZIOREK Jozi	5117		M40	52		01:42:34.70	01:43:05.25	+00:56:54 (55.2%)	9:19	6.4 (44.8%)
306	ŚCISŁY Malwina	5413		K20	24		01:42:44.25	01:43:12.40	+00:57:01 (55.3%)	9:20	6.4 (44.8%)
307	GÓRKA Bogusław	5084		M40	53		01:43:07.25	01:43:13.20	+00:57:02 (55.3%)	9:22	6.4 (44.8%)
308	GÓRKA Jolanta	5085		K40	37		01:43:07.45	01:43:13.40	+00:57:02 (55.3%)	9:22	6.4 (44.8%)
309	SZELA Kamil	5320		M20	36	00:00:30	01:42:46.45	01:43:16.25	+00:57:05 (55.3%)	9:17	6.5 (45.5%)
310	BIESZCZ Jakub	5021		M14	9		01:42:57.15	01:43:20.95	+00:57:10 (55.3%)	9:21	6.4 (44.8%)
311	BIESZCZ Robert	5020		M40	54		01:42:57.55	01:43:21.60	+00:57:10 (55.3%)	9:21	6.4 (44.8%)
312	BIEL Agnieszka	5018		K40	38		01:43:30.75	01:43:38.75	+00:57:27 (55.4%)	9:24	6.4 (44.8%)
313	ZACHAREK Ewelina	5358		K40	39		01:43:36.30	01:43:48.90	+00:57:38 (55.5%)	9:25	6.4 (44.8%)
314	FILEWSKA Izabela	5072	HEROBOX	K40	40		01:43:37.55	01:43:49.10	+00:57:38 (55.5%)	9:25	6.4 (44.8%)
315	PEKAŁSKA Anna	5234		K40	41	00:00:30	01:43:29.85	01:43:58.45	+00:57:47 (55.6%)	9:21	6.4 (44.8%)
316	BURZ Jowita	5037		K40	42		01:43:58.40	01:44:16.70	+00:58:05 (55.7%)	9:27	6.3 (44.1%)
317	ZATORSKI Jerzy	5362		M60	10	00:00:30	01:44:24.00	01:44:33.00	+00:58:22 (55.8%)	9:26	6.4 (44.8%)
318	CZYŻEWSKA-MAŁŹ Ewelina	5051		K30	54		01:44:55.75	01:45:20.35	+00:59:09 (56.2%)	9:32	6.3 (44.1%)
319	MAŁŹ Daniel	5187		M30	61		01:44:55.35	01:45:20.40	+00:59:09 (56.2%)	9:32	6.3 (44.1%)
320	BILSKI Marek	5022	VEGEDOG	M40	55		01:44:50.95	01:45:30.05	+00:59:19 (56.2%)	9:31	6.3 (44.1%)
321	NIZIK Magdalena	5214	VEGEDOG	K40	43		01:45:06.00	01:45:30.10	+00:59:19 (56.2%)	9:33	6.3 (44.1%)
322	LEŚNIEWSKI Tomasz	5402		M40	56		01:45:05.25	01:45:34.45	+00:59:23 (56.3%)	9:33	6.3 (44.1%)
323	BODULSKA Izabela	5025		K40	44		01:45:51.30	01:45:54.35	+00:59:43 (56.4%)	9:37	6.2 (43.4%)
324	STANKIEWICZ Ewa	5303		K30	55		01:45:24.50	01:45:58.20	+00:59:47 (56.4%)	9:35	6.3 (44.1%)
325	KRAJEWSKI Rafał	5158	KOTEŁ TEAM	M20	37	00:00:30	01:45:35.80	01:45:59.50	+00:59:48 (56.4%)	9:33	6.3 (44.1%)
326	RADKOWSKI Dariusz	5450		M40	57		01:45:47.15	01:46:00.00	+00:59:49 (56.4%)	9:37	6.2 (43.4%)
327	WYLĘGAŁA Anna	5357	LAMA&SPÓŁKA	K20	25		01:45:41.25	01:46:03.80	+00:59:52 (56.5%)	9:36	6.2 (43.4%)
328	ROMANOWSKA Magdalena	5261		K20	26		01:45:59.25	01:46:11.75	+01:00:00 (56.5%)	9:38	6.2 (43.4%)
329	ROMANOWSKA Marta	5262		K30	56		01:45:59.20	01:46:12.00	+01:00:01 (56.5%)	9:38	6.2 (43.4%)
330	LEWIŃSKA Aleksandra	5451		K30	57	00:00:30	01:46:17.85	01:46:30.00	+01:00:19 (56.6%)	9:37	6.2 (43.4%)
331	BĘDŹKOWSKI Marek	5017	MORSY OSTROŁĘKA	M50	16		01:46:05.25	01:46:32.05	+01:00:21 (56.7%)	9:38	6.2 (43.4%)
331	SULEWSKI Maciej	5314	BIEGAM BO LUBIĘ OSTROŁĘKA	M40	58		01:46:07.15	01:46:32.05	+01:00:21 (56.7%)	9:38	6.2 (43.4%)
333	SULEWSKA Kasia	5313	BIEGAM BO LUBIĘ OSTROŁĘKA	K40	45		01:46:06.45	01:46:32.35	+01:00:21 (56.7%)	9:38	6.2 (43.4%)
334	MARCINIAK Magdalena	5188		K30	58		01:46:27.65	01:46:33.90	+01:00:23 (56.7%)	9:40	6.2 (43.4%)
335	PAWLIK Agnieszka	5231	CAŁA OLEŚNICA BIEGA	K40	46		01:46:03.65	01:46:35.00	+01:00:24 (56.7%)	9:38	6.2 (43.4%)
336	PODBIELSKA Anna	5246	KAJA TEAM	K40	47		01:46:33.75	01:46:44.95	+01:00:34 (56.7%)	9:41	6.2 (43.4%)
337	KALINOWSKI Krzysztof	5125		M30	62		01:47:00.65	01:47:38.70	+01:01:27 (57.1%)	9:43	6.2 (43.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
338	RYŻYŃSKA Agnieszka	5268	CHEŁM BIEGA	K40	48		01:47:26.40	01:47:47.85	+01:01:37 (57.2%)	9:46	6.1 (42.7%)
339	SIERECKI Zbigniew	5408	DZIADY OCR // PIĘKNI I BESTIE	M40	59		01:48:05.75	01:48:21.30	+01:02:10 (57.4%)	9:49	6.1 (42.7%)
340	BRATEK Maja	5435	BIŁGORAJ BIEGA - OTK RZEŹNIK	K14	4		01:48:20.65	01:48:58.05	+01:02:47 (57.6%)	9:51	6.1 (42.7%)
341	KALINOWSKI Janusz	5124		M60	11		01:48:31.90	01:49:10.55	+01:02:59 (57.7%)	9:52	6.1 (42.7%)
342	GAŁKA Aleksandra	5076	KB SUKCES ŻMIGRÓD	K40	49		01:48:58.70	01:49:29.80	+01:03:18 (57.8%)	9:54	6.1 (42.7%)
343	GAŁKA Jacek	5077	VEGE RUNNERS / KB SUKCES ŻMIGRÓD	M40	60		01:48:59.20	01:49:30.95	+01:03:20 (57.8%)	9:54	6.1 (42.7%)
344	MIERZWA Laura	5197		K20	27		01:49:03.65	01:49:32.40	+01:03:21 (57.8%)	9:54	6.1 (42.7%)
345	POROWSKI Waldek	5251	TTT	M40	61	00:00:30	01:49:11.00	01:49:48.25	+01:03:37 (57.9%)	9:52	6.1 (42.7%)
346	PIETRZAK-POROWSKA Agnieszka	5239		K30	59	00:01:00	01:49:41.10	01:50:18.35	+01:04:07 (58.1%)	9:52	6.1 (42.7%)
347	MIKSZA Aneta	5199		K40	50		01:50:08.65	01:50:20.15	+01:04:09 (58.1%)	10:00	6 (42.0%)
348	SIMKO Radoslav	4960		M30	63		01:49:50.55	01:50:26.10	+01:04:15 (58.2%)	9:59	6 (42.0%)
349	SMUG Ewelina	5299		K30	60		01:50:33.85	01:50:40.15	+01:04:29 (58.3%)	10:03	6 (42.0%)
350	MIKSZA Karol	5198	CROSSFITER BOX CHEŁM	M50	17	00:00:30	01:50:38.10	01:50:49.95	+01:04:39 (58.3%)	10:00	6 (42.0%)
351	KANIEWSKI Michał	5130	DZIKI DZIK TEAM	M20	38		01:50:55.90	01:51:23.50	+01:05:12 (58.5%)	10:05	5.9 (41.3%)
352	KANIEWSKA Justyna	5129	DZIKI DZIK TEAM	K20	28		01:50:56.30	01:51:23.55	+01:05:12 (58.5%)	10:05	5.9 (41.3%)
353	RYŻYŃSKI Tomasz	5269	CHEŁM BIEGA	M40	62	00:00:30	01:51:50.50	01:52:12.65	+01:06:01 (58.8%)	10:07	5.9 (41.3%)
354	MIKUŚKIEWICZ Piotr	5200	WKURW_TEAM	M30	64		01:51:45.25	01:52:16.70	+01:06:05 (58.9%)	10:09	5.9 (41.3%)
355	KĘTRZYŃSKI Ryszard	5133	ZABIEGANI MIELEC / WKURW_TEAM	M40	63		01:51:46.80	01:52:18.85	+01:06:08 (58.9%)	10:09	5.9 (41.3%)
356	BRODIUK Norbert	5031	NIGHT RUNNERS GLIWICE	M40	64		01:52:14.00	01:52:20.85	+01:06:10 (58.9%)	10:12	5.9 (41.3%)
357	SOKOŁOWSKI Artur	5300	WKURW_TEAM	M40	65		01:51:48.85	01:52:21.00	+01:06:10 (58.9%)	10:09	5.9 (41.3%)
358	GOŁĘBIEWSKA Marta	5082		K30	61		01:52:08.25	01:52:22.10	+01:06:11 (58.9%)	10:11	5.9 (41.3%)
359	WILK Magdalena	5348	WKURW_TEAM	K40	51		01:51:49.90	01:52:22.15	+01:06:11 (58.9%)	10:10	5.9 (41.3%)
360	BUBICZ Krzysztof	5034	WKURW_TAM	M30	65		01:51:49.15	01:52:22.55	+01:06:11 (58.9%)	10:09	5.9 (41.3%)
361	SOŁKIEWICZ Marta	5301	WKURW_TEAM	K40	52		01:51:49.55	01:52:22.80	+01:06:11 (58.9%)	10:09	5.9 (41.3%)
362	SAMBORSKI Bartosz	5274	WKURW_TEAM	M40	66		01:51:52.20	01:52:23.45	+01:06:12 (58.9%)	10:10	5.9 (41.3%)
363	SMOGORZEWSKI Michał	5296	WKURW_TEAM	M30	66		01:51:51.95	01:52:24.65	+01:06:13 (58.9%)	10:10	5.9 (41.3%)
364	LAZAROWICZ Piotr	5172	WKURW_TEAM	M30	67		01:51:53.25	01:52:24.85	+01:06:14 (58.9%)	10:10	5.9 (41.3%)
365	BŁAŻEJEWSKA-RUPIŃSKA Anna	5416		K50	11		01:52:23.40	01:52:42.55	+01:06:31 (59.0%)	10:13	5.9 (41.3%)
366	LEDWOŃ Jakub	5409		M40	67	00:00:30	01:52:15.85	01:52:47.70	+01:06:36 (59.1%)	10:09	5.9 (41.3%)
367	MACIEJEWSKA Angelika	5185	WKURW_TEAM	K30	62	00:00:30	01:52:19.95	01:52:54.50	+01:06:43 (59.1%)	10:10	5.9 (41.3%)
368	STRADZA Katarzyna	5310	ROZBIEGAMY NOWY DWÓR	K50	12		01:53:03.00	01:53:21.20	+01:07:10 (59.3%)	10:16	5.8 (40.6%)
369	GRZESKOWIAK Anna	5090		K40	53		01:53:10.40	01:53:41.10	+01:07:30 (59.4%)	10:17	5.8 (40.6%)
370	PILECKA Joanna	5241		K40	54		01:53:11.30	01:53:41.85	+01:07:31 (59.4%)	10:17	5.8 (40.6%)
371	OKRASA Sylwia	5219		K20	29		01:53:29.80	01:53:50.15	+01:07:39 (59.4%)	10:19	5.8 (40.6%)
372	WANOWSKI Andrzej	5343		M60	12	00:00:30	01:53:32.60	01:53:51.15	+01:07:40 (59.4%)	10:16	5.8 (40.6%)
373	ZEMŁA Dorota	5363		K20	30	00:00:30	01:53:45.10	01:54:21.10	+01:08:10 (59.6%)	10:17	5.8 (40.6%)
374	DASZCZYŃSKA Iwona	5053		K40	55		01:54:19.75	01:54:47.30	+01:08:36 (59.8%)	10:23	5.8 (40.6%)
375	DASZCZYŃSKI Adam	5054		M40	68		01:54:20.80	01:54:47.45	+01:08:36 (59.8%)	10:23	5.8 (40.6%)
376	KAJEWSKI Tadeusz	5122		M60	13		01:54:55.00	01:55:17.00	+01:09:06 (59.9%)	10:26	5.7 (39.9%)
377	GUT Leopold	5092	WKURW_TEAM	M20	39	00:01:00	01:55:30.25	01:56:06.05	+01:09:55 (60.2%)	10:24	5.8 (40.6%)
378	LIMAN Dorota	5175		K40	56		01:56:05.45	01:56:19.05	+01:10:08 (60.3%)	10:33	5.7 (39.9%)
379	CYMMER Marta	5046		K30	63		01:56:28.35	01:56:45.00	+01:10:34 (60.4%)	10:35	5.7 (39.9%)
380	GRINIG Mirela	5087		K40	57		01:56:42.60	01:57:10.85	+01:11:00 (60.6%)	10:36	5.7 (39.9%)
381	ROSINSKA Barbara	5264	BOLT TRZEMESZNO	K30	64		01:57:58.15	01:58:23.70	+01:12:12 (61.0%)	10:43	5.6 (39.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
382	BEDNAREK Irena	5014	BOLT TRZEMESZNO	K50	13		01:57:57.85	01:58:24.10	+01:12:13 (61.0%)	10:43	5.6 (39.2%)
383	ANDRZEJSKA Zuzanna	5006		K20	31		01:59:09.60	01:59:15.60	+01:13:04 (61.3%)	10:49	5.5 (38.5%)
384	NAWROCKA Karolina	5425		K30	65	00:00:30	01:59:16.00	01:59:50.10	+01:13:39 (61.5%)	10:47	5.6 (39.2%)
385	NAWROCKA Małgorzata	5210	CF Z16	K40	58	00:00:30	01:59:17.40	01:59:51.70	+01:13:40 (61.5%)	10:47	5.6 (39.2%)
386	ŚCISŁY Aleksandra	5414		K40	59		01:59:45.15	02:00:13.50	+01:14:02 (61.6%)	10:53	5.5 (38.5%)
386	NOWORYTA Jacek	5215	ASA TEAM BIEGIEM PO ZDROWIE	M60	14		02:00:00.10	02:00:13.50	+01:14:02 (61.6%)	10:54	5.5 (38.5%)
388	PUKOCZ Katarzyna	5256		K30	66		01:59:44.25	02:00:13.65	+01:14:02 (61.6%)	10:53	5.5 (38.5%)
389	WOROSZYŁO Agnieszka	5352		K20	32	00:00:30	02:00:15.85	02:00:25.75	+01:14:14 (61.7%)	10:53	5.5 (38.5%)
390	BOROWIAK Patrycja	5028	WKURW_TEAM	K30	67	00:00:30	02:02:21.70	02:02:56.75	+01:16:45 (62.4%)	11:04	5.4 (37.8%)
391	ZWYDAK Anna	5403	WKURW_TEAM	K30	68		02:04:54.25	02:05:27.75	+01:19:16 (63.2%)	11:21	5.3 (37.1%)
392	MIRSKI Jerzy	5404		M20	40		02:04:55.05	02:05:28.05	+01:19:17 (63.2%)	11:21	5.3 (37.1%)
393	BOROWIK Agata	5378	CAŁA OLEŚNICA BIEGA	K30	69		02:10:22.35	02:10:30.55	+01:24:19 (64.6%)	11:51	5.1 (35.7%)
394	KAJEWSKA Katarzyna	5121		K40	60		02:14:24.25	02:14:44.90	+01:28:34 (65.7%)	12:13	4.9 (34.3%)
395	KAJEWSKI Rafał	5123	MIGRENA TEAM	M40	69		02:14:24.55	02:14:45.00	+01:28:34 (65.7%)	12:13	4.9 (34.3%)
396	SKOMOROWSKA Monika	5290	TEAMZABIEGANEDNI/WKURW-TEAM	K40	61		02:14:38.80	02:14:56.05	+01:28:45 (65.8%)	12:14	4.9 (34.3%)

Znaleziono 396 wynik(ów)